

Local mental health services

The following lists local mental health resources. Some are provided directly through campus/Faculty Staff Assistance Services (FSAS). Others are from providers the FSAS has partnerships with. These are all places you can reach out to for help coping with COVID-19 (or any other) stress.

Faculty/Staff Assistance Services

Faculty/Staff Assistance Services (FSAS) is continuing to provide services by shifting to phone and virtual services. FSAS remains available to address any urgent needs and concerns. Please feel free to contact them at fsas@illinois.edu or 217-244-5312 during standard business hours of Monday through Friday, 8:00 AM – 5:00 PM. If this is a crisis situation, outside of regular business hours, please call the crisis line at (217) 244-7739.

Community Telehealth Therapists

FSAS also have a list of therapists in the community providing telehealth services and FSAS can facilitate those referrals. Please contact fsas@illinois.edu if you are interested in more information about those services.

Rosecrance

We have a partnership with Rosecrance, a local mental health treatment center. For more information, please contact (217) 328-4500. They also operate a 24-hour emergency crisis line at (217) 359-4141.